

NEWS RELEASE
FOR IMMEDIATE RELEASE
March 26, 2012



Contact:
Diana Klink
757-514-4104
757-359-1845

Tim Kelley
757-514-4103
757-871-3039

What's Happening in Suffolk This Week...

MONDAY, MARCH 26, 2012

• *Teen Writers' Group*



Teens, do you love to write? Wish you had someone to bounce ideas off? Want some direction for ideas? Join us for a stress-free take at writing, complete with prompts, sharing, and more! You can even use this group to help get your entries ready for our April Teen Poetry Contest and our Summer Teen

Writing Contest! For more information, call Sarah at 514-7150

TUESDAY, MARCH 27, 2012

• *Diabetes Alert Day*



Tuesday is Diabetes Alert Day, and free Diabetes Screenings and Risk Tests are being held in Suffolk. Knowing your risk and taking positive actions can delay or prevent the onset of Type 2 Diabetes. On Tuesday, the Eastern Virginia Medical School and Obici Healthcare

Foundation will offer free diabetes screenings from 3 to 6 p.m. at East Suffolk Recreation Center, 138 S. Sixth St. One of the best tools for maintaining health is knowing your “numbers”. Blood sugar is one of those. See you there! For more information, contact Michael Frickanisce at 757-514-4504.

SATURDAY MARCH 31, 2012

- *Eggstravaganza*



A springtime favorite, Suffolk Parks & Recreation's *Eggstravaganza* returns to Bennett's Creek Park on Saturday, March 31, 2012 from 9:30 a.m. until 12:00 p.m. Geared for children ten years of age and under, kids will enjoy all types of entertainment, including a petting zoo and pony rides, crafts, games, and more! Peter Cottontail will arrive by fire truck at 9:30 a.m. sharp and will be available for pictures all morning. A photographer will not be onsite, so remember to bring your cameras!

Eggstravaganza is free and open to the public. Bennett's Creek Park is located at 3000 Bennett's Creek Park Road, Suffolk, VA 23435. For more information, call (757) 514-7267 or email ljessee@suffolkva.us.

- *Teen Iron Chef*

The North Suffolk Library will host their 3rd Annual Teen Iron Chef Competition on Saturday, March 31, 2012; at 2 p.m. Find out whose cuisine reigns supreme in this battle of the kitchen for ages 12 to 19. Teens will be divided into teams with each team having 45 minutes to



build their ultimate candy sushi creation while incorporating a secret ingredient. Contestants will vote on the ultimate creation.

Registration is not required and all materials and ingredients will be provided.

The North Suffolk Library is located at 2000 Bennett's Creek Park Road. For more information, call 757-514-7150.

- *Increase the Peace Fashion Show*



The Suffolk Youth Advisory Council and Department of Parks & Recreation is sponsoring the *2nd Annual Increase the Peace Fashion Show* on Saturday, March 31, 2012 at King's Fork Middle School beginning at 6:00 p.m. Doors open at 5:00 p.m. Tickets are \$3 in advance and \$5 at the door. Pre-sale tickets are available at the Suffolk Parks & Recreation Administration Office located at 134 S. 6th Street, Suffolk. A portion of the proceeds will benefit the March of Dimes- March for Babies.

Models are local youth ages 3 to 18 who previously auditioned to participate in the event. For more information, please call Rickeda Fofana at 514-4509.

- *East Suffolk Recreation Center Community Yard Sale*

One man's trash is another man's treasure! Come sell and shop at the East Suffolk



Recreation Center's Community Yard Sale, Saturday, March 31, 2012, from 10 a.m. until 2 p.m. On site setup will begin at 9 a.m. Tables are available for \$5 and tents are \$10. Space is limited, so reserve your spot today. East Suffolk Recreation Center is located at 138 South Sixth Street.

For more information, contact Ashley Green at (757) 514-4508 or e-mail agreen@suffolkva.us.

Now through April 28, 2012

- *Land of Our Fathers Exhibit – Suffolk Center for Cultural Arts*

The “Land of Our Fathers” exhibit features art from the Norfolk State University African

Land of our Fathers



Art Gallery, the Doctors L.T. & Margaret Reid Collection from the Suffolk Art Gallery, and is accompanied by the photographs of Brenda C. Wright. Eight African Countries are

represented in a variety of mediums including: wood, metal, clay, and fiber.

This exhibit is on display Tuesday through Saturday, 11 a.m. until 4 p.m., now through April 28, 2012 at the Suffolk Center for Cultural Arts, 110 W. Finney Avenue. For more information, call 757-923-0003 or visit www.SuffolkCenter.org.

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